

Where were you a year ago? What were you doing 2 years ago? What were you feeling 3 years ago? What were your dreams 4 years ago? What did you accomplish 5 years ago? THE 5 YEAR JOURNAL will enable you to journalize and plan the next 5 years with what you want, what you have felt, and where you have been. Year by year your entries add to the total summary of your feelings and events, until, on one page you can look back at the past years, up to 5 years - day by day - thought by thought - experience by experience. With the advantage of 3 lines, you can easily summarize your day, create a gratitude journal, a health or diet journal, and a prayer or dream journal, track your goals and intentions and so much more. If you want to journal more, use a blank book first then come back to the 5YJ. We tend to be hard on ourselves, not always giving ourselves the credit due for what growth and change has occurred. Journalizing in this Journal and in the Workbook sections, over a 5 year period will memorialize what was happening. Then having 5 years to look back upon, at one glance, can give us a more accurate reflection of what did or did not happen in the past. Recording a relative reflection creates an accurate record of memories that we can then use for assessment and personal growth. This Journal will be a reminder and support, of where we have been and where we want to go with our lives. Even if you already journal, THE 5 YEAR JOURNAL can be effective in addition to what you are currently doing. This Journal can be a quick and easy tool for highlights and learning from hindsight. THE 5 YEAR JOURNAL has a unique design that allows you to start journaling any day of the year. You don't have to wait until January 1 to begin journaling. With the passage of time we gain a different perspective. Time is a healer and what was once hard or unbearable can now make more sense, giving us a clearer picture. Recording and tracking our lives in this Journal can actually bring reli

Step This Way (Dr. Seuss/Cat in the Hat) (Step into Reading), Scott Snyder, Jock, Francesco Francavilla Batman: The Black Mirror [Hardcover] 2011, Review of the Councils Work 44th Review Report by the Secretary General (1996, Homme Approximatif (Poesie/Gallimard) (English and French Edition), The Jazz Diary, Adjusting to Life with Diabetes + Complications (Tools for Living a Diabetes Life) (Volume 1),

The 5 Year Journal [Doreene Clement] on tinyhouseparking.com *FREE* shipping on qualifying offers. Where were you a year ago? What were you doing 2 years ago ?.

The 5 Year Journal is a book where you can journal on three lines for a single day and have five (5) years of journaling on one page. Q&A 5 Year Journal. Image Via Pinterest. I write in it every day, but over the course of five years? It took me a second to understand, then she. 16 Dec - 5 min - Uploaded by Bright Line Eating Watch this week's vlog to learn about my favorite tool to use while practicing Bright Line Eating. Make memories last with this 5-year journal. This handsomely bound hardcover 5 -year journal and daybook provides an elegant way to record. If you can, think back to where you were 5 years ago. Having a hard time trying to remember? Start a free online 5 year journal today with Penzu!. The Q&A a Day Journal shows you what was going through your head each day for five years of your life. Simply turn to today's date, answer the question at.

Mark down your memories as you create them with the help of this five-year journal. A small, hardback Q & A diary, this book poses a new question for. Results 1 - 24 of 83 5-Year Journal: (Starry Night) Large - 6 x 9 Memory Book Too Blessed To Be Stressed 5-year Journal: Inspiration And Encouragement. You searched for: 5 year journal! Etsy is the home to thousands of handmade, vintage, and one-of-a-kind products and gifts related to your search. No matter. Some Lines A Day - the 5 year memory book - Some lines each day. The five-year

book. Write a few lines each day over 5 years. Create your own personal diary. I love this 5 year journal. It keeps track of everything that happened for each day of the 5 years. A great way to see how far you've gone in the 5 years, and a.

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